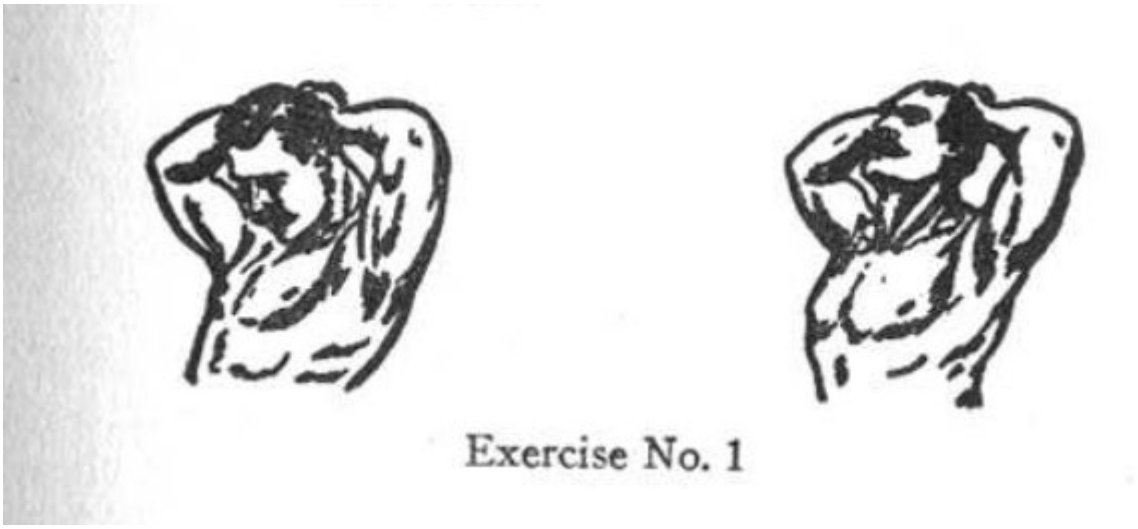
The George Hackenschmidt Workout Routine

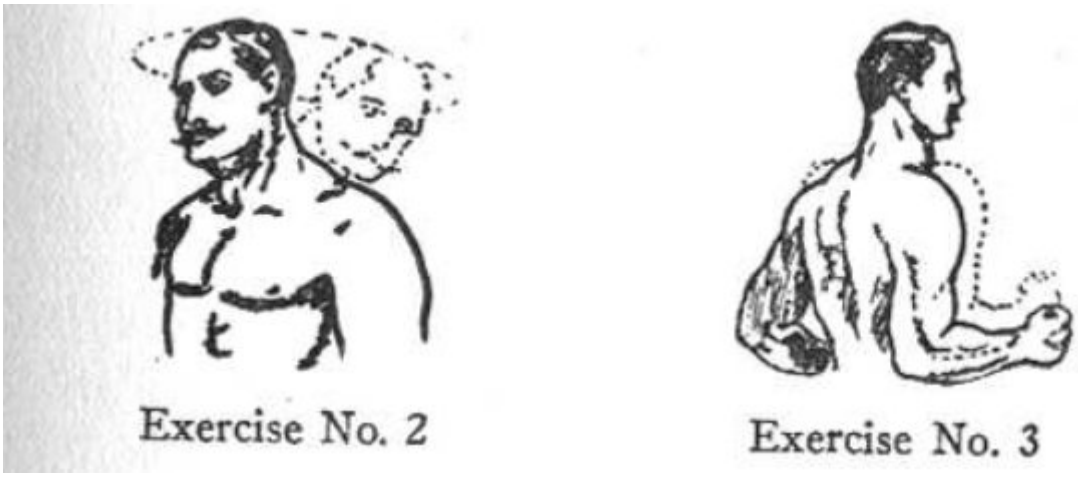
as Described by The Book The Way to Live

Fourteen Simple Exercises without Apparatus

Number 1 – Neck muscles. Stand erect with hands clasped behind your neck. Now press the head forcibly down until the chin touches the chest, exerting the full strength of your neck muscles to resist the pressure. When the chin is down, force the head back by exertion of the neck muscles against the hand pressure. Repeat this alternate movement, at first for five repetitions. Gradually increasing by the same. (I don't know what "same" means here, I assume add 5 reps once it becomes too easy.)

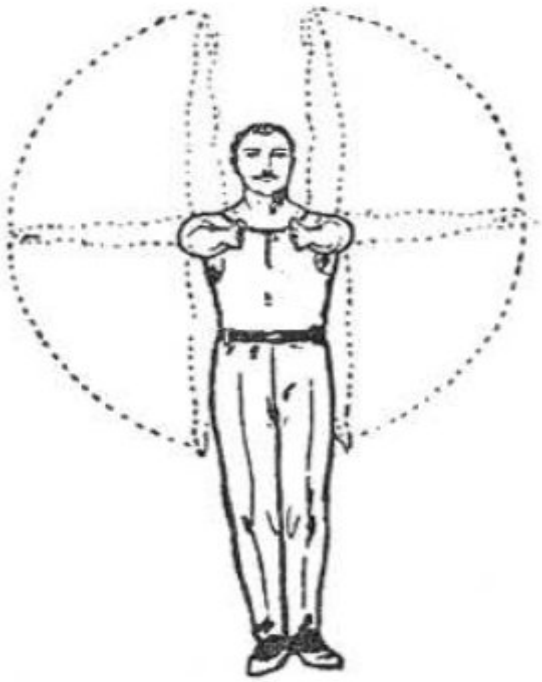


Number 2 – Neck muscles. Stand erect and roll the head round and round by bending the neck in a circular motion. Continue for, say, ten repetitions, gradually increasing the number up to twenty.



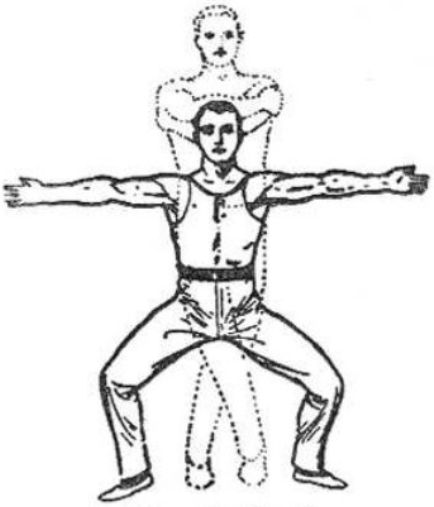
Number 3 – Shoulder muscles. Stand erect with elbows at sides, arms bent at right angles, hands clenched. Now, roll your shoulders, right round if possible. Back, up, forward, and down. Continue until tired.

Number 4 – Chest expansion mainly. Stand erect with arms stretched straight out in front of you, palms turned inwards. Force arms straight back into line with the shoulders. Raise them sideways to full stretch above head, palms to the front, and bring down in front of you at full stretch, till the palms rest on the front of the thighs. Return to full stretch above head and then to first position. Continue exercise for say a full minute.



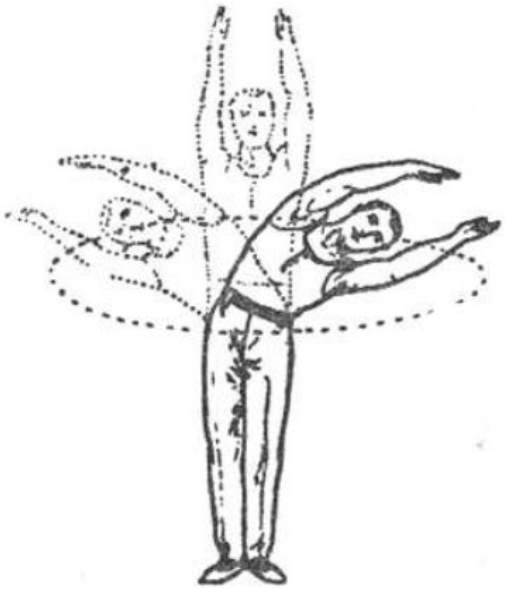
Exercise No. 4

Number 5 – All leg muscles, arms, shoulders, back, and chest will be greatly benefited. Stand with right leg crossed over left, both arms crossed across chest, hands clasping shoulders. Spring out to a full stride of each leg sideways, throwing arms back, hands open, to a line with the shoulders. Return sharply and continue for 20 repetitions.



Exercise No. 5

Number 6 – Gut health and spine strength. Stand erect with feet close together, arms and hands fully stretched above the head. Now swing the trunk right round in a circular motion (as near as possible), bending over to the right, forward, round to the left and back, waist circling or swinging from the hips only. Continue for/from five to ten full circles at first, according to the ease with which the movement can be executed, and increase gradually. Persevere until tired, but not as far as exhaustion. Keep arms loose.

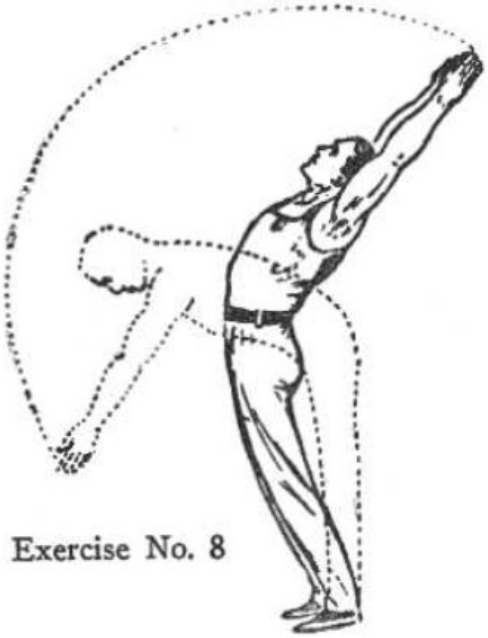


Exercise No. 6

Number 7 – Strenuous, effective leg muscle development. Also targets the arms, hip, back, and shoulders. Particularly the extensor muscles. Stand erect, feet together, arms fully stretched, palms of hands pressed together. Then, keeping all muscles taut, bend down carefully, elevating the left leg into such a position as would enable a straight line to be drawn along the back of the hands to the extended heel. Endeavor to approach as closely to this position as it is possible to assume – the knee of the supporting leg may be slightly bent if necessary in order to get as near to the desired result as possible. Go slowly back and repeat forward bend, extending right leg. Continue for five repetitions, increasing one per week to twenty repetitions.

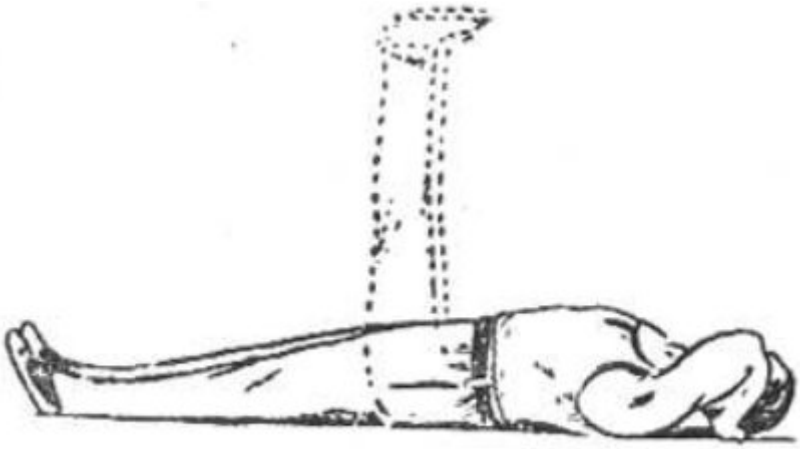
Exercise No. 7

Number 8 – Abdominal and back muscles. Stand erect, with feet slightly apart, arms fully stretched, palms facing each other. Bend right forward from the hips, as far down as possible without bending the knees, and then swing right back as far as possible. Repeat five times each movement alternately, increasing gradually to twenty repetitions.



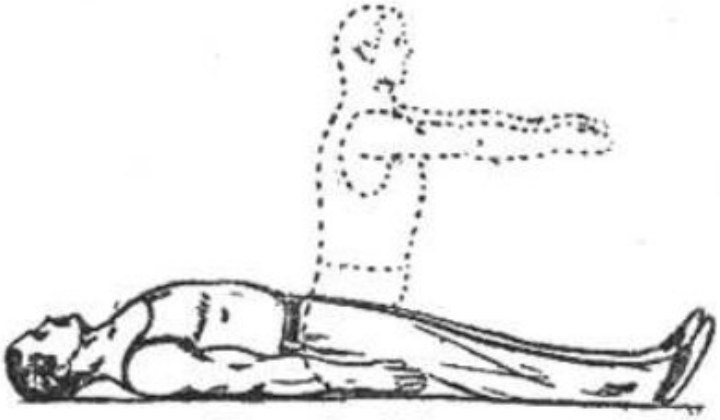
Exercise No. 8

Number 9 – Abdominal, back, and hip muscles. Lie down full length on floor as shown in sketch and raise the legs to right angles with the body. Repeat five times and increase gradually, say by one repetition a week.



Exercise No. 9

Number 10 – Same as 9, but in slightly different manner and proportion. Lie down full length as shown and rise into sitting posture without moving the legs. This may at first necessitate a counterpoise of some sort, such as hooking the feet under a chest of drawers or something of the kind, but persevere until you can rise without any such assistance. Repeat five times and increase gradually as last (I assume he means Number 9).



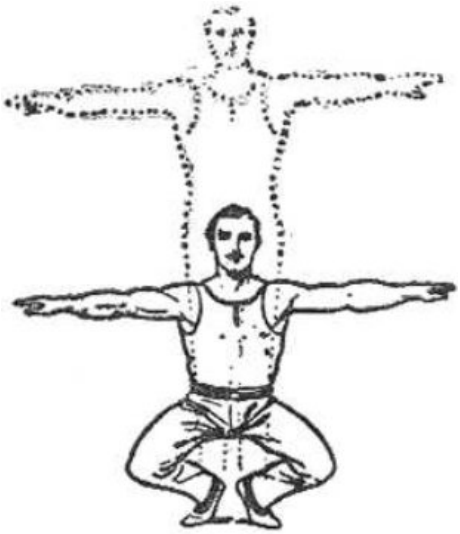
Exercise No. 10

Number 11 – Extremely trying exercise, especially on leg muscles, as well as abdominal. Stand erect, with legs crossed as shown in dotted diagram, the hands resting lightly on hips. Sweep front leg well round and to the rear, sinking the body into position of that assumed by a lady in the old-style deep curtsey. Return slowly, change legs and repeat up to five times, increasing once per week to twenty-five repetitions. Endeavor throughout to imitate closely the graceful action of the old minuet. Looked it up, a slow graceful dance in $^3/_4$ time characterized by forward balancing, bowing, and toe pointing.

Exercise No. 11

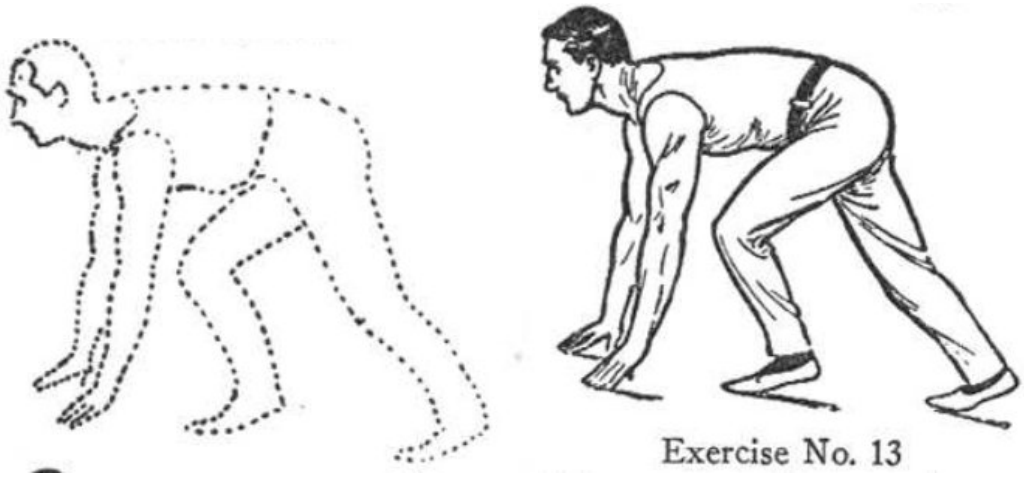
Number 12 – One of the best leg exercises in the world.

Stand erect, heels together, feet turned out. Extend arms right and left from shoulders and sink down, bending the knees outwards and rising on the toes, until you are almost squatting on your heels. Return to the first position and repeat bend with arms stretched out in front. Return and again sink with arms stretched above head. Repeat these three performances daily for first week and then perform two of each and so on.



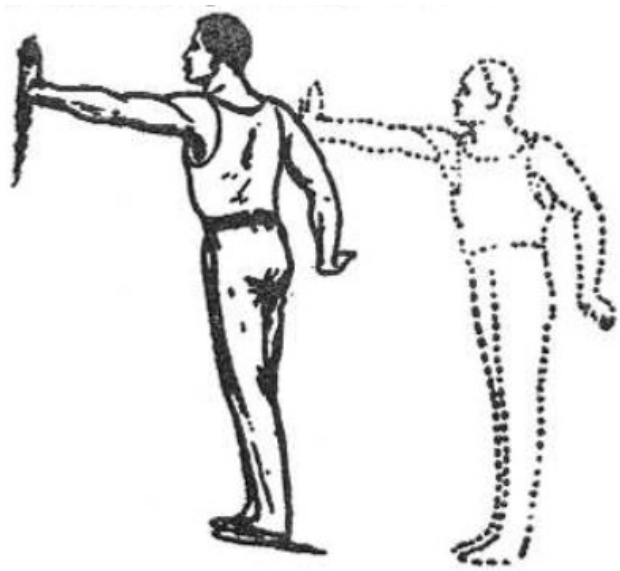
Exercise No. 12

Number 13 – Extensors, and flexsors of the thighs, calves, abdominals, chest, back of the neck, back and arm muscles. Take up position as shown in diagram, the arms to be straight, resting on thumbs and fingers, front leg fairly bent, back leg slightly. The weight to be chiefly supported by the arms. Then pushing off smartly with rear foot, raising the body thereby, rapidly alternate position of feet. Spring smartly each time, but not too sharply, as by doing the latter you might strain the muscles at the back of the thigh and calf. For the same reason, this exercise should not be too frequently practiced; say three times per week, or rather, on alternate days. Somewhat exhausting, and should therefore not be repeated more than fifteen times at the first trial, thereafter to be extended to at most thirty or forty repetitions, increasing five per week.



Exercise No. 13

Number 14 – Utmost benefit to arm muscles, chest, and whole system generally. Popular with the Turkish athletes. To obtain the fullest advantages, the movements should be carried out as smartly as possible. Stand about for feet from a wall (the exact distance being governed by one's height and length of reach, but in any case one should be slightly overbalanced). Lean against the wall with the full weight supported by the right hand, which is pressed against the wall, the body being slightly turned to the left. Push off smartly so that the body sways back and turns to the right, falling towards the wall and being stayed therefrom by the rigid left arm. Push off smartly so that the body sways back and turns to the right, falling towards the wall and being stayed therefor by the rigid left arm. Push off again smartly with left and meet wall with right. Continue the exercise, as quickly as possible, until tired, gradually increasing the number of repetitions, as capacity to withstand the strain is developed.



Exercise No. 14

Weighted Exercises

No one can afford to neglect any of the muscle groups. These being Neck, Shoulder, Arm, Chest, Abdomen, Back, Legs, etc. There are over 500 muscles in the body. All, in fact, should be equally strong, when the object in view should be that of equal all-round improvement.

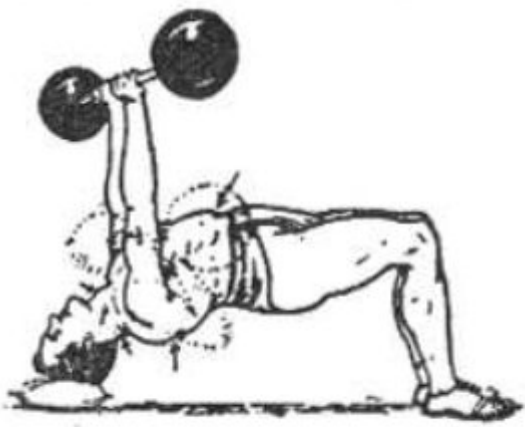
First Series for the Neck Muscles

Number 1 – Repeat Number 1 in last chapter, i.e, place clasped hands on the back of the neck and press head downwards on chest, resisting this pressure by the exercise of the neck muscles. Commence with five repetitions, and increase gradually, say once with every third performance, up to finally twenty repetitions.

Number 2 – Reverse the above exercise by pressing head back against hand resistance and perform as before.

Number 3 – Exercise Number 2 in weightless chapter. Stand erect and roll head in every direction by bending the neck as much as possible. Continue as directed in Number 1 of Neck Muscles.

Number 4 – Neck, nape, spine. Press a bar-bell weighing from 30lb. to 50lb. with both hands into the head bridge, as shown in sketch. Place a rather hard cushion under the head (a rolled up coat or the like, if nothing else is available). The body should rest on the heels and crown of the head only. At first this exercise may not be found easy of accomplishment, in which case the bridge should be perfected before the bar-bell press is attempted. The higher the bridge, the easier will the press be found. Repeat three times to commence with and gradually increase, say once every second week, up to ten repetitions; then add 5lb. to bell and commence again with three repetitions and so on.



Exercise No. 4

Number 5 – Get down on hands and knees and hang, by a broad belt, a weight on the back of the head (at first 10lb. would be sufficient). With this move the head up, down and to both sides until tired, but not until exhausted.

Exercise No. 5

Second Series for the Neck, Shoulder, Arm, and Chest Muscles

Number 1 – Stand erect as in sketch, holding a 10lb. dumb-bell in each hand. Hunch shoulders as high as possible for ten repetitions, increasing by one with every third performance of exercise up to twenty repetitions; then increase weights by 5lb. and commence afresh.

Exercise No. 1

Number 2 – Then holding arms bent at elbows roll the shoulders right round and repeat as in last exercise.

Exercise No. 2

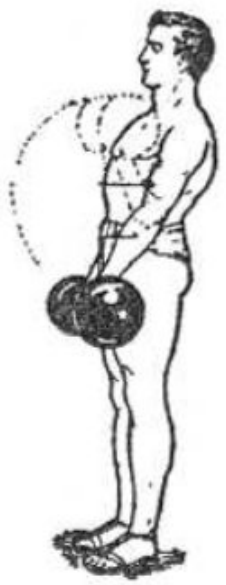
Exercise No. 3

Number 3 – Standing erect with 5lb. dumb-bell in each hand, hanging at sides, raise same smartly to armpits, each hand alternately, as shown in sketch. Commence with five repetitions, adding one every week up to ten. Then add 1lb. to each dumb-bell and commence afresh, and so on.

Number 4 – Jerk with both arms from the shoulders a bar-bell of from 30lb. to 50lb. in weight, using arm strength only. Jerk both with top and bottom holds, five times each to commence with, adding one repetition per week up to ten. Then add 10lb. to the bell and commence afresh. A top hold means with the back of the hand pointing upward, as against bottom hold when the back of the hand points downwards. Note – For all these exercises where an approximate weight is given, the chapter from the book Way to Live about Weights for Exercises should be consulted if unsure.

Exercise No. 4

Number 5 – Pull up with both hands, top hold, a bar-bell of from 10lb. to 15lb. from the hang to the shoulders as shown in sketch. The elbow should be held firmly against the sides, the left to be performed without any movement of the body. Repeat five times, increasing by one every week up to ten times. Then add 5lb. and commence afresh. Note this exercise should also be performed with bottom hold beginning with from 20lb. to 25lb., for five repetitions and continuing as with top hold.



Exercise No. 5

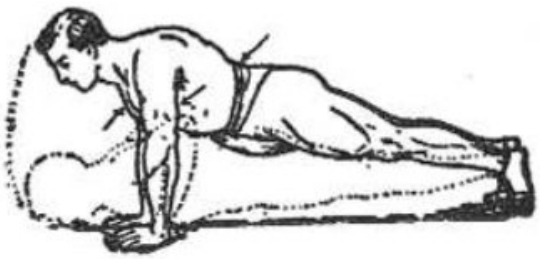
Number 6 – Press a bar-bell of 30lb. to 50lb. from shoulders to full arms' length above head. Begin with five repetitions, increasing by one every week up to ten. Then add 5lb. to weight and commence afresh. Note this exercise to be performed with both top and bottom holds.

Exercise No. 6

Number 7 – Jerk a bar-bell of 25lb. to 40lb. from the shoulder, erect above the head, with one arm. The elbow should rest firmly against the hip, thus transferring the whole weight of the bar-bell to the legs, principally to the one leg. Quickly bend the knees, and, at the same time, "throw" the weight upwards, while with the same quick movement you stretch the arm. You will find that the principal impetus of strength will be given by the legs. The movements have to be made very quickly. This particular exercise requires a certain technique. It greatly furthers the preservation of a perfect nimbleness and equilibrium, and develops at the same time the muscles of the legs, forearm, and triceps. The exercise should be performed with both the right and the left arm, at first five times, every second week increasing by one up to ten times, then increase weight by 5lb. and start afresh.

Exercise No. 7

Number 8 – Parallel bar exercise between two chairs without weight. This exercise can also be performed on the floor, but the body must be kept perfectly rigid. Thus, forearm, shoulder, and abdominal muscles are brought into play. Begin with five repetitions, and increase by one every week, up to twenty repetitions.

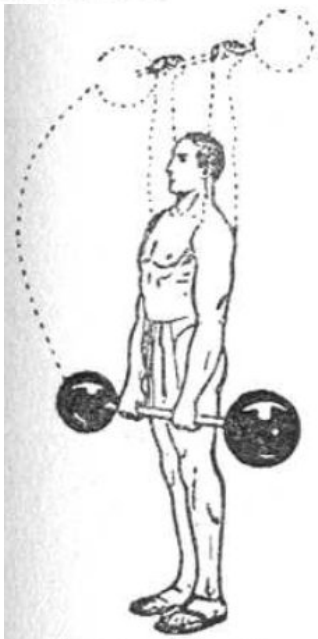


Exercise No. 8

Number 9 – Lying on the floor, press with both arms with top hold a bar-bell of from 30lb. to 50lb. for five repetitions when exercising. Increase by one every week up to ten times, then add 10lb. and start afresh. Note this exercise should also be done with bottom hold.

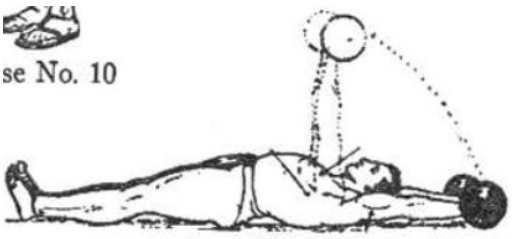
Exercise No. 9

Number 10 – Swing a bar-bell of from 15lb. to 30lb., with straight arms and top hold, from the thigh to full arms' length above the head. Repeat five times, increasing by one every week up to ten repetitions, then increase weight by 5lb. and start afresh.



Exercise No. 10

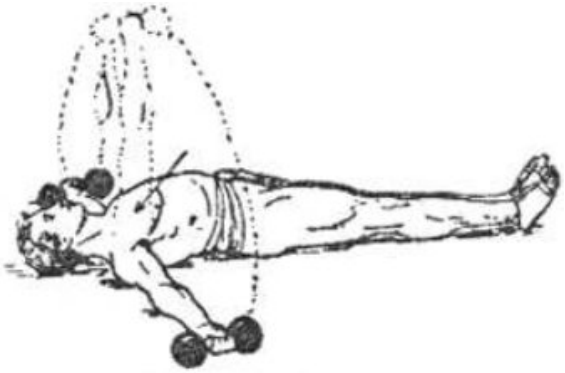
Number 11 - Lying down full length on the floor, pull over the head with stretched arms to a line with the shoulders a bar-bell of from 10lb. to 20lb. Repeat five times, increasing by one repetition every week up to ten repetitions, and then increase weight by 5lb. and start afresh.



se No. 10

Exercise No. 11

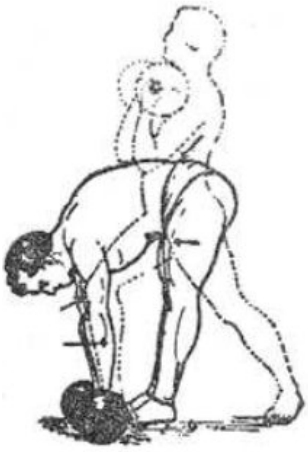
Number 12 - Lying down as before, with arms out-stretched sideways, lift arms' length in front of body a 10lb. dumb-bell in each hand. Repeat five times, increasing by one repetition every week up to ten times, then increase weight of dumb-bells 1lb. each and start afresh.



Exercise No. 12

Third Series for the Abdominal, Back, and Hip Muscles

Number 1 – Stoop down and pull in to the chest a bar-bell of, say, 30lb. with top hold. Straighten the shoulders well during the movement. Repeat five times, increasing by one every week up to ten repetitions and then add 5lb. and start afresh.

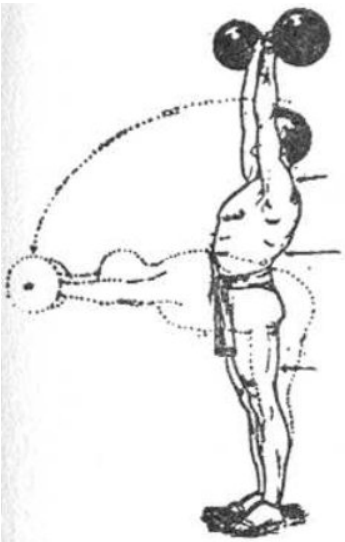


Exercise No. 1

Exercise No. 2

Number 2 – Stoop down as before and pull in with each hand a 20lb. dumb-bell, simultaneously. Repeat five times, increasing as before to ten times, then add 5lb. to each bell and start afresh.

Number 3 - Press a bar-bell of from 10lb. to 20lb. full reach above the head; then bend forward as shown in sketch. Repeat five times a first, increasing by one every week up to ten repetitions. Then increase weight by 5lb. and start afresh.

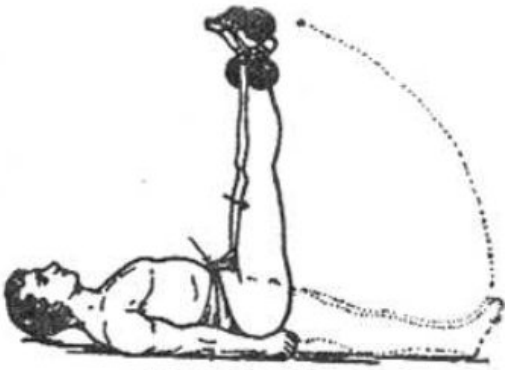


Exercise No. 3

Exercise No. 4

Number 4 – Stoop down and pull up to "hang," as shown in sketch, a bar-bell of from 50lb. to 70lb. with both hands (top hold), arms and legs to be perfectly straight. See that the hip muscles alone are exercised. Commence with five repetitions, increasing gradually say by one per week up to ten; then increase weight by 10lb. and start afresh.

Number 5 – Lie down full length on your back and raise both legs, forming a right angle with the body. Repeat five times, adding one repetition weekly up to ten repetitions. Then commence afresh, tying 5lb. to each foot.

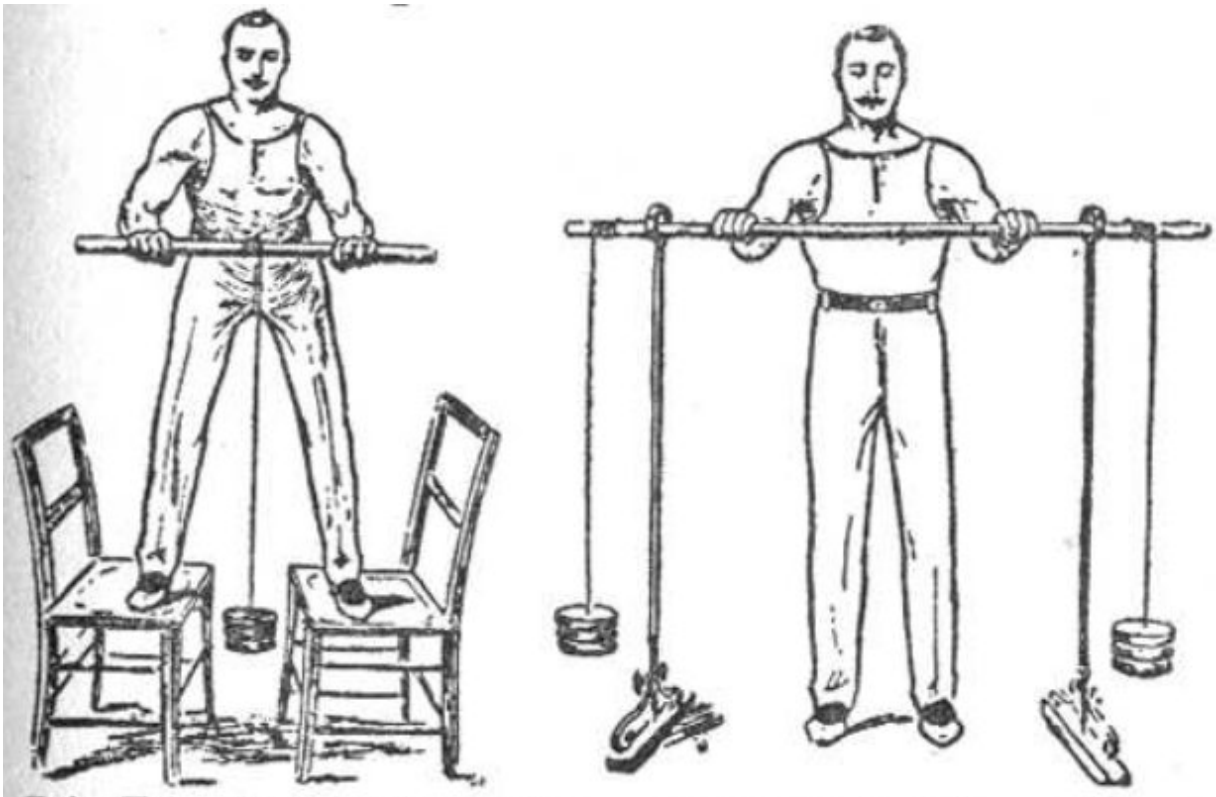


Exercise No. 5

Number 6 – Lie down full length as in last exercise and rise into sitting posture without moving the legs. At first it may be necessary to establish a counter poise by laying a bar-bell over the feet or legs. Repeat five times, increasing as in last up to ten. Then hold a 5lb. weight against forehead and commence afresh. This weight can afterwards be increased gradually by holding a dumb-bell in each hand close to the head.

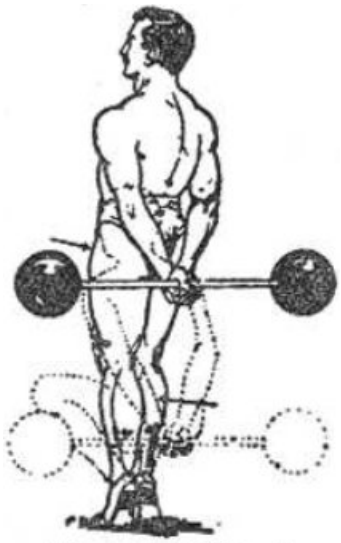
Grip Exercise For Developing The Strength of the Hands, Forearms, etc.

Get a broom stick or similar pierce a hole through this and suspend by a cord a 5lb. weight. Stand on two chairs and, holding the bar waist high, roll it round with both hands, winding the cord. Continue until the weight is wound close up and then unwind to full length. Both wind and unwind with continuous and also reverse rollings. Continue until tired. The rolling movement to be always steady and gradual.



Grip Exercise for Home Use Arranged for Gymnasium

Fourth Series for Specially Developing the Leg Muscles



Exercise No. 1

Number 1 – Hold a bar-bell of from 10lb. to 20lb. weight behind the back with arms crossed, heels together, toes pointed outwards. Now make a deep knee bend, rising on your toes, parting your knees,m until almost squatting on your heels. Rise again to first position. Repeat five times, adding one repetition per week up to twenty repetitions, after increase weight by 5lb. and start afresh. This is called the “Hacke” in Germany.

Number 2 – Jumping. Take running and standing high and long jumps, but standing jumps particularly. Jump with and without weights and also practice hop, step and jump; three forward jumps; hop, cross and jump, and all the Lancashire varieties.

Number 3 – Skipping exercise, especially with long runs on the toes of one foot, which will be found particularly beneficial to the calf muscles.

Exercise No. 4

Number 4 - Hold a bar-bell of from 20lb. to 40lb. weight with both hands on the shoulders, behind the neck, feet together, and make the deep knee bend without raising the heels. This exercise will specially develop the muscles of the thighs and groin. Commence with three repetitions, increasing by one every week up to ten repetitions, after which add 5lb. and commence afresh.

Number 5 – Lying full length on the floor on your back, raise your legs well over to an acute angle with your body, bending both at your hips and knees. Pull over your head a bar-bell of from 20lb. to 30lb. and rest it across the soles of your feet. When this has been well balanced, push your legs straight, bend them in again, and again push straight. Repeat at first from three to five times according to ability, gradually increasing until ten repetitions can be made fairly easily, then add 5lb weight and start afresh. Note the weight used and number of repetitions recommended for this exercise can only be approximate. The first essential is to secure and maintain a perfect balance, wherefore a very light bar-bell indeed may be used until a perfect equilibrium has been secured. Greg note – also this is hella dangerous so I’d put at least chairs as a guard in case you lose your balance especially at more advanced weights.

Exercise No. 5

General Questions and Advice

What Weight should one exercise with? In order to improve himself, either in pace or distance, he must set himself a steady progression of arduous effort.

How can one gauge the most suitable weights for exercise? This is quite easy. When in an unfatigued condition try an exercise say ten times. If you can accomplish this by using all your strength you have found the proper weight with which to begin that particular exercise five times in succession.

How to increase the weights and the number of movements? After having ascertained the correct weight for every exercise, begin each movement, say five times, and increase the number by one every week: thus five one week, six the next, seven the next, etc., until the prescribed maximum is reached. After that begin afresh with a weight that is 5lb. heavier for one arm exercises, or 10lb. for two arms, unless otherwise directed.

When should one begin trials with heavy weights? This should only be done after one has trained for at least three months in the foregoing manner with light weights, and one should never begin to lift any heavier weight than one can lift without much exertion at least ten times. Doing otherwise leads to injury.

George goes on to strongly recommend at the beginning of training to record in a book, say every three months, of one's measurements and weights, also of the progress made. The measurements which should be taken are of the following body parts: neck (thinnest part); forearm (thinnest part); forearm (thickest part), the arm to be held out and only the fist closed; biceps of arm held straight out; biceps of arm bent; the forearm and biceps measurements to be taken right and left; chest (normal measured across nipples); chest (deflated); chest (inflated); wrist (normal(; thigh (thickest part); leg (just above the knee); calf. Always taken before exercising.

Exercises for Athletes

To be started at the earliest three or four months after the previous weight lifting exercises. Begin training at least once or twice a week with heavier weights. George recommends the use for six months only such weights as one can handle at least five to ten times for one exercise; on such days avoid part of, if not all, ordinary exercises. For ordinary feats of strength George recommends a bar-bell (I assume the handle) to be 1 and 1 1/10th inches thick. Always take a deep breath before each separate lift. Do not ever wear a belt while practicing.

Number 1 – Snatch with One Hand. Right or Left. Rule: The bar-bell is lifted with one hand without stop from the floor to full extent above the head. Execution: Place the bar-bell near both feet over the instep, get hold precisely in the middle, bend down, lay the free hand on the respective knee (left hand on the left knee, or right hand on the right knee), take a quick and firm grip, and pull the weight at the same time with a lightning rapidity upwards. The muscles of the hand, forearms, biceps, shoulders, legs, abdomen, and hip should all work together only for a fraction of a second (perhaps hardly one-tenth of a second) to obtain a good result.

Many athletes snatch the bar only up to the eyes, after which they get their body underneath like lightning. This indicates great strength of legs and agility. George speaks of records here, 180lb. one hand. He had the record in 1898 for 196lb with his right hand. Approved training rules: A practice for the snatch is the lifting of a bar-bell with one hand about three feet from the floor. Snatch the weight thus up to ten times in succession to get the knack for it, for every athlete has his own personal peculiarities in lifting. By constant practice, each will find out which method of snatch is best suited to himself.

One Hand Snatch

When you have managed to lift the weight above the head, make a slight turning movement to learn to hold (fix) and balance it well. In letting down the weight, use both hands.

After one has trained in this manner for four to six months – that is, having always snatched up to ten times and later increased the weight by 1lb. – one has attained a certain agility and can try the following: Snatch the weight, which you can generally snatch ten times, thrice, increase the weight by 1lb. to 5lb., and snatch two or three times; then again increase by a few pounds, and snatch once or twice, and you will ascertain your own record for the time being. Between the trials, do not pause longer than one to two minutes, as otherwise the energy vanishes. It is quite sufficient to try records every three or four weeks, and in the meantime practice thoroughly exercises of endurance, and with light weights try to improve those muscles which you have found to be somewhat flabby. It is easy to find out in what points one is lacking. As a matter of course, all one-arm exercises are to be made right and left, so as to obtain the same strength and dexterity in both arms. In carrying out all these exercises it is advisable to walk up and down the room continually between feats.

Number 2 – One-Arm Swing of Dumb-Bell. This exercise resembles the foregoing. Use a short dumb-bell. Rule: The dumb-bell lies between the legs lengthways. The inner side of the front ball to be in line with the toes, and the weight to be raised from the floor to above the head with one movement and one arm. Some athletes stipulate that the free hand should not touch the body anywhere, and to touch the floor with the free hand would disqualify. Execution: Seize the dumb-bell with your hand against the front ball (not in the middle), bend fairly low, and swing forward to get momentum; this is permitted.

One-Arm Swing

In this performance there are the same advantages as in the snatch. French athletes excel in it. The one arm swing is often made with ring weights, which are swung between the legs. 180lb. records. As swinging of ring weights requires a strong forearm and wrist, it is advisable to fasten a leather strap of two to three inches width round the wrist.

Number 3 – One-Arm Jerk. Rule: The weight, either bar-bell or dumb-bell, is pushed from the shoulder to above the head with one arm, in one jerk. Whilst in England, France, and Italy it is the rule that the weight should be raised to the shoulder with one hand only, it was usual in my country (Russia) and in Germany to employ both hands. The Russian athlete Lurich, who was one of the best specialists in this feat, consequently raised his weight with both hands to the shoulder, and I did the same. If the weight has to be lifted to the shoulder with one arm, one may do this by snatching it or by standing the bar-bell straight up, and getting underneath it. The dumb-bell or bar-bell should, at any rate, rest free on one hand without touching the shoulder. The latter method, however, is adopted by the Austrian athletes, and they perform as a specialty the double-arm jerk of two weights in this manner. Josef Steinbach, of Vienna, then one of the strongest men living, made a world's record in the two dumb-bell jerk of 167.5lb. and 167.5lb. both dumb-bells having touched the shoulders first.

One-Arm Jerk

Practical Hints for Jerking. Place elbow of the arm, holding the weight, firmly against the body near the hip, so that the arm is somewhat relieved of the weight. Now bend your knee slightly, and, by by sudden rising and pushing upward with shoulder and arm, jerk to full arm's length above your head. Train in the same way as indicated for the one-arm snatch.

Number 4 – One-Arm Press. Rule: The weight, dumb-bell or bar-bell, is to be raised from the shoulder above the head without swing or jerk of the body or legs, but simply by the strength of the arms; the body may be slightly bent. Here, also, different styles are practiced in different countries in lifting the weight to the shoulders. There is a rule observed in Great Britain and France, but not so much in Germany, for the position of the feet during the performance, namely, the so-called “at attention” position, heels touching in military style, and pressing the weight without the slightest movement of the body. It is evident that under this rule an athlete cannot possibly press more than, say, half his own weight. A holder of the world’s record in the “at attention” position, Michael Maier, of Vienna, was especially adapted for this feat, having very short arms, and being very heavy (243lbs.). His record was 143lb.

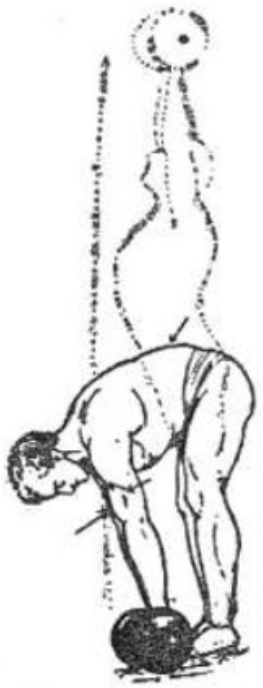
One-Arm Press

There have been obtained a good many noteworthy records in the ordinary one-arm press (endurance and strength feats). At the age of nineteen years I myself pressed a bar-bell of 269lb. with one arm.

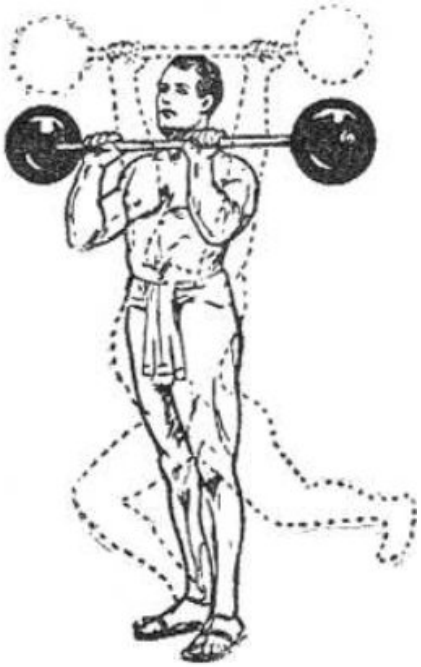
Arthur Saxon, the world’s record holder, an athlete well known in England, has obtained wonderful results in the one-arm press. He used to bend himself, as it were, under the weight, and has pressed as much as 371lb. (bar-bell) with one hand. I may mention here that some authorities use the expression “screwing” for this kind of performance. The real difference between “pressing” and “screwing” is, that in pressing the arm propels the weight upwards, whilst in screwing the weight hardly changes its height, as the body changes its position underneath it until the arm is stretched, after which the athlete simply erects himself. The body performance is exactly the same when you stand against a wall and press yourself away from it with one hand.

The training for the press is done in the same way as indicated for the one-arm snatch. The so-called “screwing” is, technically, the most difficult kind of weight-lifting, and requires much practice, especially by a young athlete, whose body is still flexible. Its training should, however, be conducted very carefully, and one ought to have a friend to assist in lowering the weight, instead of letting it drop. Bent pressing requires a good balance of the body, and great calmness and determination. Press as slowly as possible.

Number 5 – Two-Arm Snatch. Rule: The bar-bell is raised in one movement from floor to above the head. This exercise, like the single-arm snatch, requires a lightning rapidity in the simultaneous working of the leg, hip, abdomen, and arm muscles; the whole body is thereby improved simultaneously, both in strength and agility. Here also the correct exercise is the slow but gradual increase from one to five times.



Two-Arm Snatch



Two-Arm Jerk

Number 6 – Two-Arm Jerk. Rule: The bar-bell is pushed from the shoulder by a jerk to above the head, the legs seconding, and fixed there at least a few seconds. The bar-bell has to be raised in one movement from the floor to the shoulder. Josef Steinbach, of Vienna, held the world's record with 380.25lb., raising the bar-bell in more than one movement from the floor to the shoulder. I also jerked, during my training, over 330lb. under the same conditions.

For the French style of jerk with both arms (lifting weight in one movement to the chest), Arvid Anderson made a record with 328.5lb. Note – Steve Stanko of York, Pa., in December 1939 established a new world's record of 370 pounds in this style.

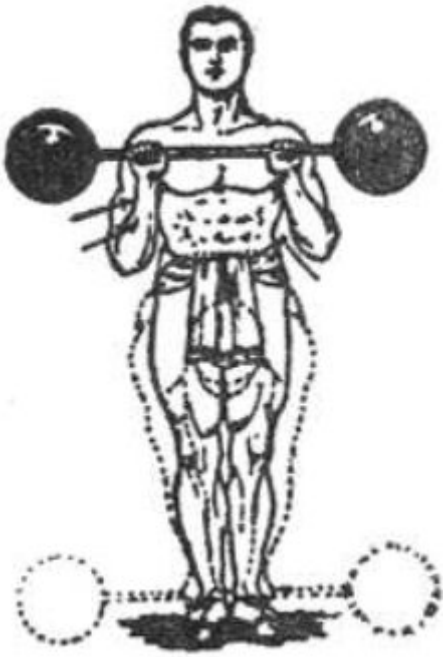
Practical Hints: The increase of the weight to lift during training is to be observed in the same gradual manner. Exercise principally in the usual style (one movement to chest), which is more elegant, and is of greater value. With very heavy weights, however, lift first against the body, and then jerk up to the shoulder in one movement. Support the weight as much as possible on the top part of the chest; do not hesitate long however, but push vigorously upwards, trying to straighten the arms as quickly as possible, and to get underneath the bar-bell. These giant's performances are only possible by the exercise of consummate technique, combined with strength. The best position of the legs is soon found out by the performer himself. Some take a step by putting one leg forward, some backward; some spread their legs much, others less. I have witnessed good results in all these positions; all depends on the individual manner.

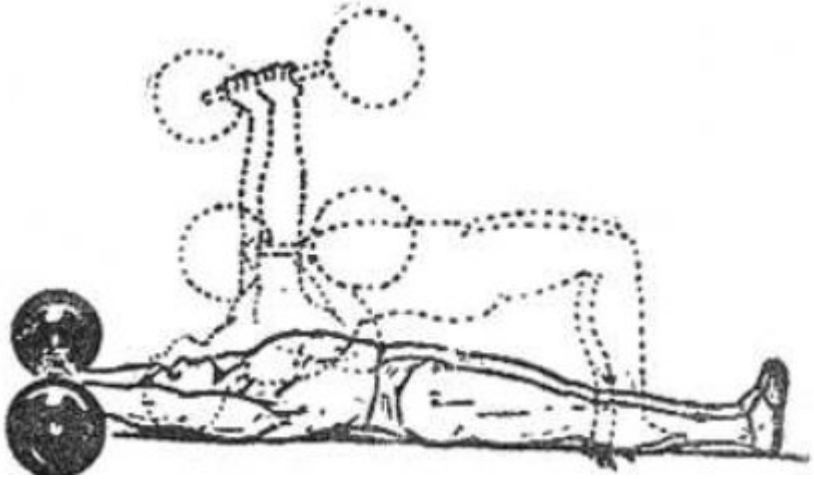
Number 7 – Two-Arm Press. Rule: The weight is to be raised from the shoulders above the head by the strength of the arms only, without the help of the body or legs, and fixed for a few seconds. Here, again, the modus operandi is different in various countries. In Germany and Austria, particularly, there are a great many athletes who are very skilled in the two-arm press. This performance is technically the simplest and easiest kind of weight-lifting, as only the muscles of the shoulders and triceps are brought into play. Training should be done in the same way as for single-arm press or push.

Two-Arm Press

On the Continent, these eight styles of weight-lifting, viz., one-arm right and left snatch, jerk and press, both-arm jerk and press, are called the "Achtkampf," or the eight-lift competition, and they form, as it were, the classical test of strength. There have, however, been established records in various other forms of weight-lifting, of which I will only mention the more important ones.

Number 8 – Lifting in the Bridge. I have already recommended this exercise as excellent for the development of the spine, neck, and nape muscles, under the heading of neck muscle exercises. I will, therefore, only mention the world's record obtained by myself on August 2, 1898, in Vienna, of 311lb.





Number 9 – Free Lift to Chest in One Movement. This exercise is practiced principally in England, France, and Italy, where it is regarded as being the only correct style for all

double-arm lifts. It forms a preliminary exercise for the double-arm snatch. Records: – Pierre Bonnes (Paris), 330lb.; Eliseyeff (Russia), 330lb. I have also lifted in this style 308lb.

Number 10 – The Horizontal Equipoise of Weights. Balancing weights with arms outstretched sideways. In France this performance ranks among the classical feats of strength for athletes, and there exist definite rules for its execution:

1. The arm holding the weight to form exactly a right angle with the body, rather lower than higher.
2. The arm and wrist must be fully stretched.
3. The body must be perfectly straight, and lean in no direction.

There are two ways of performing this feat, namely-

1. The balancing of the weight on the hand, which is the less difficult. In this case the weight is of the oblong shape used for weighing purposes, and is slightly hollowed out at the bottom, so that there is an edge. It is held so that the palm of the hand presses against this edge, while the one part of the weight rests on the wrist, and the finger-tips touch the other end. One may lift the weight with both hands to the shoulder, and press it up and then let it down into the balance, or, which is considered better style, one may raise it directly sideways into the balance. It has to be fixed for a few seconds in the proper balance before being released. The weights, according to their size and heaviness, have a width from 8 to 12 inches at the bottom.

   For the two-arm balance, the weights are placed with a side on the hand, so that the bottom and top of the weights are seen. In balancing, the body must not be bent backwards (which would make it easier, but which counts so many points less).

   2. Balancing with ring weights is simpler in the hold, but more difficult to execute, as the palm is held downwards. The ring can, therefore, only be held against the thumb (which is more or less painful) or against the finger-ends. The weight is generally raised with slightly bent arms to the shoulders, and then held out sideways. Some prominent athletes lift it straight from the floor into the balance, and, as this is especially difficult, it counts higher.